## FEELING FRAZZLED & OVERWHELMED?

## Are you experiencing...

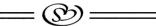
- Fatigue, lethargy, and lack of motivation
  - Weight Gain
  - Moodiness and irritability
  - Concentration & memory problems
    - Difficulty making decisions
    - Inability to cope with stress

## You may be sleep deprived!

Learn the 9 steps to improve your sleep and overall health with Dr. Valerie.

TUESDAY, June 4, 2013 Noon to 1:00 PM Conference Room 3000

Please register with Janelle Hall



## **Caring Touch Pain Relief Center**

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